At Vitamin World we ensure the quality of all of our premium nutritional products, every step of the way. Strict quality analysis at world-class facilities quarantees that all Vitamin World® products are at the highest standard of potency and purity.



DIRECTIONS: For adults, take two (2) caplets daily, preferably with a meal.

No Artificial Color, No Preservatives, No Sugar, No Gluten, No Wheat, No Yeast, No Fish



use. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by per-

WARNING: Accidental overdose of iron containing products is a leading cause of fatal poisoning in children under six KEEP THIS PRODUCT OUT OF REACH OF CHILDREN. In case of accidental overdose, call a doctor or Poison Control Center immediately.

> TO REORDER PROD. #17486 www.vitaminworld.com 1-800-228-4533

efully Manufactured for Vitamin World, Inc Holbrook, NY 11741 U.S.A. @2016 Vitamin World, Inc.

DAILY MULTI HIGH POTENCY

WOMEN'S HEALTH*

NUTRITION FROM THE SOURCE

 $\mathsf{WOMAN}^{\mathsf{m}}$

ULTRA

90 COATED CAPLETS DIETARY SUPPLEMENT

SPORT

PERFORMANCE FORMULA

FOR ACTIVE WOMEN

Supplement Facts

Serving Size 2 Caplets Servings Per Container 45

Magnesium (as Magnesium Oxide)

Selenium (as Sodium Selenate)

Zinc (as Zinc Oxide)

Amount Per Serving	%Daily	Value	
Vitamin A (as Beta-Carotene)	5,000 IU	100%	
Vitamin C (as Ascorbic Acid)	200 mg	333%	
Vitamin D (as D3 Cholecalciferol)	2,000 IU	500%	
Vitamin E (as d-Alpha Tocopheryl Acetate	30 IU	100%	
Vitamin K (as Phytonadione)	80 mcg	100%	
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	60 mg	4,000%	
Riboflavin (Vitamin B-2)	60 mg	3,529%	
Niacin (as Niacinamide)	60 mg	300%	
Vitamin B-6 (as Pyridoxine Hydrochloride) 60 mg	3,000%	
Folic Acid	800 mcg	200%	
Vitamin B-12 (as Cyanocobalamin)	100 mcg	1,667%	
Biotin	500 mcg	167%	
Pantothenic Acid (as d-Calcium Pantothenate)	60 mg	600%	
Calcium (as Calcium Carbonate, Dicalcium Phosphate and Calcium Citra	500 mg ite)	50%	
Iron (as Ferrous Fumarate)	18 mg	100%	
Iodine (as Potassium Iodide)	150 mcg	100%	

Copper (as Cupric Oxide)	2 mg	1009
Manganese (as Manganese Gluconate)	2 mg	1009
Chromium (as Chromium Picolinate)	200 mcg	1679
Molybdenum (as Sodium Molybdate)	75 mcg	1009
Chloride (as Potassium Chloride)	90 mg	39
Potassium (as Potassium Chloride)	100 mg	39
Choline Bitartrate	10 mg	*
Inositol	10 mg	
Boron (as Sodium Tetraborate)	2 mg	
Silica	4 mg	
Vanadium (as Sodium Metavanadate)	10 mcg	
UWS Active Sport Blend Ginkgo Biloba (Ginkgo biloba) (leaf), L-Arginine Hydrochloride, L-Valine, L-		*

%Daily Value

L-Isoleucine, Glycine, L-Methionine, Taurine, L-Carnitine Fumarate, Green Tea (Camellia sinensis) (leaf) UWS Antioxidant Blend Citrus Bioflavonoid Concentrate (Citrus limon) (peel), Alpha Lipoic Acid, Bilberry Extract (Vaccinium myrtillus) (fruit), Cranberry Concentrate (Vaccinium macrocarpon (fruit), Grape Seed Extract (Vitis vinifera), Coenzyme Q-10

Lycopene, Lutein 200 mcg 286% *Daily Value not established.

Other Ingredients: Vegetable Cellulose. Contains <2% of: Calcium Silicate, Natural Palm Leaf Glaze, Vanillin, Vegetable Contains milk ingredients

100 mg 25%

15 mg 100%



Supplement Facts

Serving Size 2 Caplets

Amount Per Serving			%Daily Value
Vitamin A (as Beta-Carotene)	5,000	IU	100%
Vitamin C (as Ascorbic Acid)	200	mg	333%
Vitamin D (as D3 Cholecalciferol)	2,000	IU	500%
Vitamin E (as d-Alpha Tocopheryl Acetate)	30	IU	100%
Vitamin K (as Phytonadione)	80	mcg	100%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	60	mg	4,000%
Riboflavin (Vitamin B-2)	60	mg	3,529%
Niacin (as Niacinamide)	60	mg	300%
Vitamin B-6 (as Pyridoxine Hydrochloride)	60	mg	3,000%
Folic Acid	800	mcg	200%
Vitamin B-12 (as Cyanocobalamin)	100	mcg	1,667%
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Pantothenic Acid (as d-Calcium Pantothenate)	60	mg	600%
Calcium (as Calcium Carbonate, Dicalcium Phosphate and Ca	500 Ilcium Citrat		50%
Iron (as Ferrous Fumarate)	18	mg	100%
lodine (as Potassium Iodide)	150	mcg	100%
Magnesium (as Magnesium Oxide)	100	mg	25%
Zinc (as Zinc Oxide)	15	mg	100%
Selenium (as Sodium Selenate)	200	mcg	286%
Copper (as Cupric Oxide)	2	mg	100%
Manganese (as Manganese Gluconate)	2	mg	100%
Chromium (as Chromium Picolinate)	200	mcg	167%
Molybdenum (as Sodium Molybdate)	75	mcg	100%
Chloride (as Potassium Chloride)	90	mg	3%
Potassium (as Potassium Chloride)	100	mg	3%
Choline Bitartrate	10	mg	*1
Inositol	10	mg	*1
Boron (as Sodium Tetraborate)	2	mg	*1
Silica	4	mg	*1
Vanadium (as Sodium Metavanadate)	10	mcg	*1
UWS Active Sport Blend Ginkgo Biloba (<i>Ginkgo biloba</i>) (leaf), L-Glutamine, L L-Leucine, L-Isoleucine, Glycine, L-Methionine, Taur Green Tea (<i>Camellia sinensis</i>) (leaf)		droch	
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LIWS Antioxidant Blend Citrus Bioflavonoid Concentrate (Citrus limon) (peel), Alpha Lipoic Acid, Bilberry Extract (Vaccinium myrtillus) (fruit), Cranberry Concentrate (Vaccinium macrocarpon) (fruit). Grane Seed Extract (Vitis vinifera), Coenzyme Q-10, Lycopene, Lutein

*Daily Value not established

Other Ingredients: Vegetable Cellulose. Contains < 2% of: Calcium Silicate, Natural Palm Leaf Glaze, Vanillin, Vegetable Magnesium Stearate, Vegetable Stearic Acid. Contains milk ingredients.



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quarantees that all Vitamin World® products are at the highest standard of potency and purity.

DIRECTIONS: For adults, take two (2) caplets daily, preferably with a meal.

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WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. Store at room temperature. Do not use if seal under cap is broken or missing.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. KEEP THIS PRODUCT OUT OF REACH OF CHILDREN. In case of accidental overdose, call a doctor or Poison Control Center immediately.

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NUTRITION FROM THE SOURCE"

ULTRA WOMAN"

SPORT

DAILY MULTI HIGH POTENCY

PERFORMANCE FORMULA FOR ACTIVE WOMEN

Exercise Recovery* Electrolyte Balance* Energy Metabolism' Bone & Joint Health

WOMEN'S HEALTH*

90 COATED CAPLETS DIETARY SUPPLEMENT

TIMED RELEASE

Exercise Recovery

Ultra Woman™ Sport provides several key antioxidants. including Vitamin C, Vitamin E and Selenium, to help neutralize cell damaging free radicals that are formed during exercise.* We also incorporate Magnesium, an essential mineral that works with the enzymes involved in

Energy Metabolism & Carbohydrate Metabolism

High potency B-vitamins are included to support energy and carbohydrate metabolism.* Carbohydrates are the primary for athletes and anyone living an active lifestyle to get adequate B-vitamins every day.*

Bone & Joint Health

An active lifestyle can take its toll on your bones and joints, which is why it's important to keep them strong and healthy. Each serving provides an excellent source of Calcium, the key mineral needed for strong bones, plus Vitamin D to help your body absorb Calcium.* Vitamin C is also included to support collagen formation for joints.*

Electrolyte Balance

Ultra Woman™ Sport contains the electrolytes potassium and chloride, which are important in helping to regulate body fluids at rest and during exercise.* These electrolytes are important for muscle and nerve function as well.* Calcium also functions as an electrolyte in the body, and is important for proper muscle function.*

Ultra Woman™ Sport is designed for women of all ages who need a multivitamin that works just as hard as they do. Ultra Woman™ Sport is enhanced with key vitamins and minerals needed to support energy metabolism and exercise recovery, two important factors for an active lifestyle.* Each serving is enhanced with our UWS Active Sport Blend and a UWS Antioxidant Blend.